

## THOSE AWFUL CRAMPS

Suggestions that may save Much Suffering

Marysville, Pa.—"For twelve years I suffered with terrible cramps. I would have to stay in bed several days every month. I tried all kinds of remedies and was treated by doctors, but my trouble continued until one day I read about Lydia E. Pinkham's Vegetable Compound and what it had done for others. I tried it and now I am never troubled with cramps and feel like a different woman. I cannot praise Lydia E. Pinkham's Vegetable Compound too highly and I am recommending it to my friends who suffer as I did."—Mrs. GEORGE R. NAYLOR, Box 72, Marysville, Pa.

Young women who are troubled with painful or irregular periods, backache, headache, dragging-down sensations, fainting spells or indigestion should take Lydia E. Pinkham's Vegetable Compound. Thousands have been restored to health by this root and herb remedy.

Write for free and helpful advice to Lydia E. Pinkham Medicine Co. (confidential), Lynn, Mass. Only women open and read such letters.

Even at Present Prices.  
"All my wife thinks of is eating."  
"Don't discourage her, old chap. Grub comes cheaper than clothes."—Kansas City Journal.

To keep clean and healthy take Dr. Pierce's Pleasant Pellets. They regulate liver, bowels and stomach.—Adv.

Not Teaching Polly.  
Mamma—Tommy, is it possible that I heard you teaching the parrot to swear?  
Little Tommy—No, mamma; I was just telling her what she must not say.

ACTRESS TELLS SECRET.  
A well known actress gives the following recipe for gray hair: To half pint of water add 1 oz. Bay Rum, a small box of Barbo Compound, and 1/2 oz. of glycerine. Any druggist can put this up or you can mix it at home at very little cost. Full directions for making and use come in each box of Barbo Compound. It will gradually darken streaked, faded, gray hair, and make it soft and glossy. It will not color the scalp, is not sticky or greasy, and does not rub off. Adv.

Misconstrued.  
She—Winter sports are so fascinating.  
He—Well, don't look at me. I'm not even a summer sport.

Sore Eyes, Blood-Shot Eyes, Watery Eyes, Sticky Eyes, all healed promptly with night applications of Roman Eye Balm. Adv.

How a woman does envy a man when he goes strutting up the street on a rainy day and his skirts don't draggle.

Misery loves company, but not any more than real happiness does.

"B" is a dangerous letter; it transforms a rainstorm into a brainstorm.



"Don't be like a goose as I ever saw, Brudee Williams. Where did you get it?"  
"Mistah Rawley," said the carrier of the goose, with dignity, "when you preach a special good sermon, I never saw you where you got it. Seems to me don't a civil matter sayings."

If anybody asks how you got nervous indigestion, constipation or dyspepsia you couldn't tell, but if you want to get rid of all such painful disorders

## Green's August Flower

will act promptly in the relief of all stomach and bowel troubles, and your freedom from pain and discomfort will make you feel that life is again worth living. 75c and 75c at druggists and dealers. 51 years of success.



## PATENTS

Virginia Farms and Homes  
FREE CATALOGUE OF SPLENDID BARGAINS  
R. H. CHAFFIN & CO., Inc., Richmond, Va.

Government Positions, pay \$200 to \$1,000 yearly  
Write for valuable booklet, "Key Road to Government Positions" by former U. S. Civil Service Exam. Sec. THOMAS J. GIBSON, Washington, D. C.

"ROUGH ON RATS" Kills Rats, Mice, Bugs, Lice outdoors. Use and See.  
PLANT AN ORCHARD NOW—1,000 acres in high grade nursery stock true to name. Write for illustrated catalogue. SOUTHERN NURSERY CO., Winchester, Tennessee.

## FLORIDA FARM FACTS

Manatee County; reputed to have the best soil and best climatic conditions in Florida; 365 growing days; electric light and ice plant; near railroad; tracts from five acres up, on easy terms. Write for BOOKLET.  
J. HENRY STROHMEYER  
Sarasota, Fla. Baltimore, Md.

## GALL STONES OF ANIMALS

(No Oil) No more gall stones! Pains or troubles, stomach misery, dyspepsia, Colic, Gas, Bloating, Headache, Constipation, Piles, Catarrh, Nervousness, Bile, Jaundice, Appendicitis. These are common gallstone symptoms.—CANNIBAL CURE! Send for home treatment. Send back to Liver, Stomach, Gall Trouble and Appendicitis. FREE!  
Chittenden Remedy Co., Dept. W-9, 219 S. Dearborn St., Chicago

## EXCELLENT RETURNS FROM THE CANADIAN WHEAT CROP

### United States Settlers Becoming Rich on Western Canada Lands.

The large number of United States settlers coming to the Western provinces of Canada are easily explained by the case of Mr. C. Lacy, late of Wisconsin and later of Alberta.

Mr. Lacy came to Canada from Wisconsin in the summer of 1914 with \$1,500 available cash in his possession. He rented a half-section of partly improved land in Alberta and commenced summer fallowing. He broke 300 acres with oats, 20 with barley, and 280 with wheat. Also he had two cows and 20 head of young live stock. He was fortunate in buying feed at a bargain and managed to rent the adjoining quarter-section as pasture.

A few weeks ago he decided to realize his profits—and they amounted to \$6,000 absolutely clear from the crop and the stock.

W. J. Winstead, of Brooks, Alberta, says:

"I landed in Brooks, March 18th, 1916, with one car of household effects, and nine head of good horses, and less than \$500 in cash. I have put \$1,500 worth of improvements on my farm. I have 31 head of cattle, 16 head of horses, debts all paid, a new automobile, and a good, stiff bank account. At present prices, I can cash in for \$10,000. I am well satisfied, and expect to double this next year."

I have threshed altogether 7,000 bushels of No. 1 Northern wheat from two hundred acres, which went from 24 to 56 bushels per acre.

Seven thousand bushels of wheat, all No. 1 Northern, two thousand bushels of oats, 670 bushels of flax, 700 bushels of barley—all at market prices—well, figure this out for yourself at the market price. I sold 3,100 bushels of wheat at \$1.74, am holding the remainder for \$2.00. Also all the oats, barley and flax for higher prices."

Intelligent farming pays always according to Alex. Wattie, a prosperous farmer. Some figures to prove his contention that he has "made good."

In 1914 Mr. Wattie threshed 40 bushels to the acre from a 30-acre crop. This sold for \$1.603 per bushel, which, after deducting seed, labor, twine, threshing and freight, left a clear profit of \$50 per acre, or a total of \$1,500. From last year's crop of 34 acres, just sold, he received after freight had been deducted, \$1,876.94.—Advertisement.

### Books of No Avail.

Billy's teacher had written a problem in multiplication on the board and asked: "What table do you use for this?"

"The multiplication table," said Billy. "What do you use for this?" Inquired the teacher.

"You use your head," responded Billy.

Acid Stomach, Heartburn and Nausea quickly disappear with the use of Wright's Indian Vegetable Pills. Send for trial box to 372 Pearl St., New York. Adv.

### Against Women's High Shoes.

There is a great cry in England against the high shoes of fashion, because of the leather they consume, unnecessarily. One manufacturer announces publicly that although he is not in sympathy with the style he must make them because women insist upon having them.

## MOTHER! LOOK AT CHILD'S TONGUE

If cross, feverish, constipated, give "California Syrup of Figs."

A laxative today saves a sick child tomorrow. Children simply will not take the time from play to empty their bowels, which become clogged up with waste, liver gets sluggish; stomach sour.

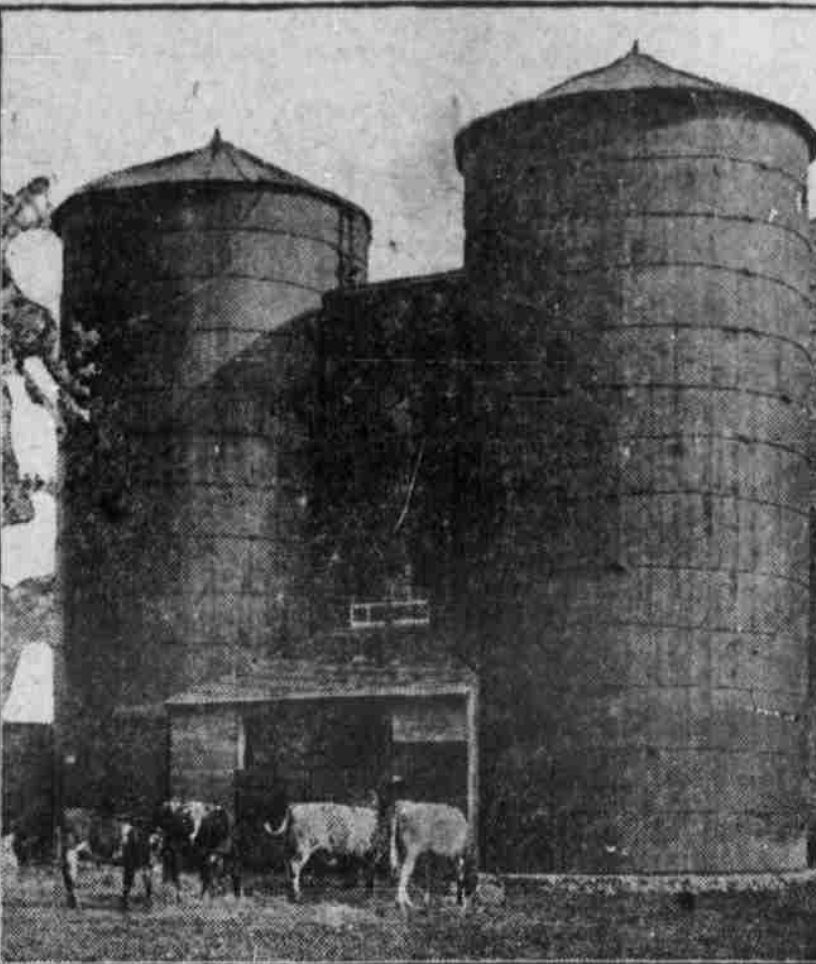
Look at the tongue, mother! If coated, or your child is listless, cross, feverish, breath bad, restless, doesn't eat heartily, full of cold or has sore throat or any other children's ailment, give a teaspoonful of "California Syrup of Figs," then don't worry, because it is perfectly harmless, and in a few hours all this constipation, poison, sour bile and fermenting waste will gently move out of the bowels, and you have a well, playful child again. A thorough "inside cleansing" is oftentimes all that is necessary. It should be the first treatment given in any sickness. Beware of counterfeit fig syrups. Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly printed on the bottle. Adv.

One of Them.  
Guide—Oh, that's Castle de Fournoy. That's the first place where the young Duke d'Or was killed.

Spain devotes 3,500,000 acres to olives.

The less she means if the louder a woman can laugh.

## WHAT A SILO MEANS TO AVERAGE FARMER



SILOS ON A WESTERN DAIRY FARM.

Greater Beef Production.....	Farm Products Marketed on Hoof Increased Income
More Live Stock..	Larger Crops Better Farm Lands Increased Income
Less Waste.....	

(By R. D. HERB.)

Something of what the silo means to every farm is shown in the above "genealogical tree." The silo is one of the greatest conservators of food values and of land fertility on the farm. By its use stock is furnished with green roughage during the winter months when such feed has for years been thought out of the question. It furnishes an economical ration at a time when foodstuffs are high.

### Increased Fertility.

It means increased fertility to the soil because the owning of a silo means the owning of more livestock. More feed can be stored in a given space in the form of silage than in the form of fodder or hay. There is less loss of food material when a crop is made into silage. Crops can be put into the silo during weather which cannot be utilized in making hay or fodder. There is less waste; good silage is all consumed. The accumulation of more livestock on the farm means an increased income for the farmer.

Many county agents are making determined campaigns in their communities for the building of silos and these campaigns invariably result in increasing the bank account of the farmer.

### Succulent Feed.

To the dairyman of the East the silo means the succulence of pasture all

## QUALITY OF WHEAT CAN BE CONTROLLED

Bulletin of Colorado Experiment Station Tells Cause of Yellow Berry and Remedy.

(By C. P. GILLETTE, Colorado Agricultural College, Fort Collins.)

Millers prefer wheat that is hard and flinty, to a wheat that is made up of kernels that are white and starchy in cross-section. Kernels of the latter type are softer and more easily crushed and are spoken of as "soft wheat." A considerable reduction in price is often made when this "soft" wheat is offered for sale.

Dr. W. P. Headen of the Colorado agricultural experiment station, has succeeded in determining the cause of this trouble and also the remedy, which every farmer can supply. He tells all about it in Bulletin 205 of the experiment station which will be sent free to any farmer who will write for it.

In brief, the cause of "yellow-berry" is a high percentage of potash in the soil in proportion to the available nitrogen. The remedy is to keep the nitrogen content of the soil as high as possible without increasing the potash. This may be done by the addition of nitrate, the rotation of crops in which alfalfa or some other legume is used, and by proper tillage.

## LOSS FROM FEEDING UNDESIRABLE STOCK

Farmers Obtain Most Economical Gains on Well-Bred Animals—Best Beef Type.

As soon as farmers appreciate the fact that high class beef cannot be made from trashy cattle, an important source of loss to feeders will be eliminated, asserts Dr. C. W. McCampbell, associate professor of animal husbandry in the Kansas State Agricultural college.

the year round, cheaper feeding, thrifty animals, and increased production. Adopted by the dry-land dairyman the silo loses none of its virtues and in addition becomes his one real effective weapon against drought. Every dry-land dairyman should have three times the silo capacity he expects to need in any one season. In favorable years it provides the extra storage room necessary for saving the large crop, and if several years of drought succeed one another, the reserve supply can be drawn upon to tide over the adversity. This reserve is his insurance against drought.

Destructive droughts sometimes occur when a crop is half or two-thirds grown. At such critical times the silo is of peculiar value for entirely saving the growth made. Under the present system of depending on pasture in summer and dry feeding in winter production is confined almost entirely to the summer months. The dairyman with a silo finds that production is possible all the year round, and that winter production is far more profitable because of the higher prices offered for the product.

The silo is revolutionizing the whole feeding practice and is putting it on a sound basis. It awakens the settler to a realization of the benefits to be derived from other improvements, such as better shelter and the breeding up of his herd.

"The loss resulting from feeding inferior cattle has been well demonstrated experimentally at the Kansas station," said Doctor McCampbell. "In this experiment, well bred—but not purebred—cattle of desirable beef type were compared with cattle the same age and somewhat larger, yet not of the type most desirable for converting feed into beef."

"The good beef type—quality cattle—made a daily gain of 2.22 pounds while the undesirable type, although receiving the same amount of feed, made a gain of only 1.76 pounds daily. The gain on the good type cattle cost \$8.15 a 100 pounds while the gain on the coarser cattle cost \$10.25 a 100 pounds. This experiment demonstrates that one of the essentials in making beef is the selection of the right kind of feeders."

"A good feeder must be close to the ground, have a short, broad head with a strong muzzle, a wide, straight top, a wide, deep chest, a capacious middle, a deep flank, deep, full quarters, and withal, plenty of substance and lots of quality."

## PREPARE HOLES FOR YOUNG FRUIT TREES

Dynamite Is Being Used Extensively for That Purpose and Proving of Big Value.

If you do not want to plant fruit trees in the fall for fear they will be lifted by the frost, you can prepare the holes for them during the winter, and they will be all the better for the action of the frost, and the moisture and air will make available some of the elements stored in the subsoil. Dynamite is being used extensively for digging holes for trees and it is proving of great value, there being a marked difference in the growth of the trees, but not all soils will admit of this process, and it is advisable to test yours by examining one or two holes after blasting. If the soil is loosened and broken up it is all right, but if the charge has expended most of its force in packing the soil firm around the rather small hole opened up you had better dig the holes in the old way.

## 100 Years Old

"The kidneys play a most important part in causing premature old age and death—the more injurious the poisons passing thru the kidneys the sooner comes decay"—so says a distinguished physician, who further advises all people who are past thirty to preserve the vitality of the kidneys and free the blood from poisonous elements, such as uric acid—drink plenty of water—sweat some daily and take Anurie before meals.

This Anurie is put up in tablet form, and can be obtained at almost any drug store. For that backache, lumbago, rheumatism, "rusty" joints, swollen feet or hands, due to uric acid in the blood, Anurie quickly dissolves the uric acid as hot water does sugar. Discovered by Dr. Pierce of Buffalo, N. Y.

Prevent premature old age by simply sipping a cup of hot water every morning before breakfast, taking a little Anurie before meals and live to be a hundred.



THE REFLECTIONS OF A MARRIED WOMAN—are not pleasant if she is delicate, run-down, or overworked. She feels "played out." Her smile and her good spirits have been taken flight. It worries her husband as well as herself. This is the time to build up her strength and cure those weaknesses or ailments which are the seat of her trouble. Dr. Pierce's Favorite Prescription regulates and promotes all the proper functions of womanhood, enriches the blood, dispels aches and pains, melancholy and nervousness, brings refreshing sleep, and restores health and strength. It cures those disorders and derangements incident to womanhood.

A well-known agent which can be procured at all drug stores is "Pleasant Pellets," made up of the May-apple, the dried juice of the leaves of clover and the root of jalap. First put out by Dr. Pierce nearly fifty years ago. —Adv.



## For PINK EYE

Cures the sick and acts as a preventative for others. Liquid given on the tongue. Safe for brood mares and all others. Best kidney remedy. 50 cents a bottle, \$5 a dozen. Sold by all druggists and turf goods houses, or sent express paid, by the manufacturers. Booklet, "Distemper, Cause and Cure," free. SPOHN MEDICAL CO., Chemists, Goshen, Ind., U. S. A.

### "I Don't Know."

There is always hope for the girl who is not afraid to say, "I don't know," provided, of course, that she wants to know. If this avowal of ignorance is also an expression of indifference, she is no better off than the girl who tries to look intelligent when a subject is being discussed of which she is entirely ignorant. No one will attempt to enlighten the girl who pretends to know it all. The wisest way to find out about the mysteries which puzzle you is to be ready to say, "I don't know."—Girl's Companion.

## CARE FOR YOUR SKIN

And Keep It Clear by Daily Use of Cuticura—Trial Free.

A hot bath with Cuticura Soap followed by a gentle anointing with Cuticura Ointment clears the skin or scalp in most cases of eczema, rashes and itching of children and adults. Make Cuticura your every-day toilet preparations and prevent such troubles.

Free sample each by mail with Book. Address postcard, Cuticura, Dept. L, Boston. Sold everywhere.—Adv.

Suggestive Signs.  
"I presume this gardener of yours is a Carranza sympathizer."

"What makes you think that?"  
"Because he has Mexican roses for the border."

Barroom generosity is only skin deep.

## PIPE LINE ACROSS OCEAN

Irish Manufacturer Has Scheme Which Will Save Shippers a Considerable Amount of Money Yearly.

An Irish manufacturer has prepared in detail a plan for laying an 16-inch submarine pipe line between the British Isles and America, which, according to estimates, would transmit oil to England at a small fraction of the present transportation cost. The scheme is described in the Popular Mechanics Magazine. As proposed, the pipe would be made of steel ribbon on the helical-tube principle, so as to be flexible. The overlappings of the ribbon as it winds round and round itself would be packed with asbestos twine. The tube would be able to withstand an internal pressure of 2,000 pounds and an external pressure of 10,000 pounds per square inch. Around it would be woven a cotton casing coated with preservative. To give the pipe longitudinal strength, a stranded steel cable would be put inside. Twenty vessels would be employed to lay the pipe, each being assigned a 130-mile section. The scheme calls for an outlay of \$50,000,000. It is estimated that the transportation cost per 1,000 gallons per 1,000 miles would be about 50 cents. By tank steamers it is about \$50.

Substantial Token.  
"Have you anything on hand to make your engagement practical?"  
"Sure, pa. A diamond ring."



healthful.

Walter Baker & Co. Ltd.  
ESTABLISHED 1780 DORCHESTER, MASS.

## Raise High Priced Wheat on Fertile Canadian Soil



Canada extends to you a hearty invitation to settle on her FREE Homestead lands of 160 acres each or secure some of the low priced lands in Manitoba, Saskatchewan and Alberta. This year wheat is higher but Canadian land just as cheap, so the opportunity is more attractive than ever. Canada wants you to help feed the world by tilling some of her fertile soil—land similar to that which during many years has averaged 20 to 45 bushels of wheat to the acre. Think of the money you can make with wheat around \$2 a bushel and land so easy to get. Wonderful yields also of Oats, Barley and Flax. Mixed farming in Western Canada is as profitable an industry as grain growing.

The Government this year is asking farmers to put increased acreage into grain. Military service is not compulsory in Canada but there is a great demand for farm labor to replace the many young men who have volunteered for service. The climate is beautiful and acres of railway facilities excellent, good schools and churches convenient. Write for literature as to reduced railway rates to Supr. of Immigration, Ottawa, Can., or to

W. S. NETHERY, Room 52, Interurban Bldg., Columbus, O.  
Canadian Government Agent

